



About Charmaine Hamp Carino

Charmaine Hamp Carino is a catalyst for change as the founder of LOVE ALCHEMY Life Coaching. She is a Certified IKYTA Kundalini/Meditation/Breathwork/Sound whisperer teaching regularly around Los Angeles with her new home base at Yoga NoHo.

Her intention is to activate your inner tools so that you can become the best version of your unique self- fulfilling all areas of your life. Whether that be releasing anxiety and fear or overcoming an illness to finding a dream job or designing a perfect relationship. She also supports walking through challenges together as a community. She brings this into all her classes, workshops, online courses and private coaching sessions.

Charmaine is also a HypnoBirthing®/ Coach/Doula/Prenatal Yoga Teacher inspiring magical births at home/birth centers or in a hospital. She has written a co-authored book investigating the subject of 'Time' and how much we create with our words and thoughts.

Charmaine is excited to offer Kundalini yoga and work with the Yoga NoHo Center teaching team as she continues to focus on building wellness centers based in Bali, Hawaii, Joshua Tree, Ojai, Costa Rica, and Mexico.